The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. NOTE: Information about the cost of this plan (called the premium) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, visit ump.regence.com/sebb or call 1-800-628-3481 (TRS: 711). For general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms, see the Glossary. You can view the Glossary at healthcare.gov/sbc-glossary/ or call 1-800-628-3481 (TRS: 711) to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$250/per member, \$750/family	The medical <u>deductible</u> is what you pay before the <u>plan</u> begins to pay. Generally, you must pay all of the costs for medical services up to the medical <u>deductible</u> amount before this <u>plan</u> begins to pay. Each member has an individual medical <u>deductible</u> of \$250 and the maximum the family pays for medical <u>deductibles</u> is \$750. Once a particular member pays their \$250 <u>deductible</u> , the <u>plan</u> begins paying for covered services for that member. Once the family <u>deductible</u> has been met, the <u>plan</u> begins paying for covered services for everyone in the family.
Are there services covered before you meet your deductible?	Yes: Covered preventive care, hearing aids, sterilization, and tobacco cessation are covered before you meet your medical deductible.	This <u>plan</u> covers some items and services even if you haven't yet met the medical <u>deductible</u> amount. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost sharing</u> and before you meet your <u>deductible</u> . But a <u>copayment</u> or <u>coinsurance</u> may apply to some services. For example, <u>deductible</u> and <u>cost sharing</u> may be applied on lab or radiology services during a <u>preventive care</u> visit. See a list of covered <u>preventive services</u> at https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Are there other deductibles for specific services?	Yes, for prescription drugs: \$100/per member, \$300/family for Tier 2 drugs. There are no other specific deductibles.	There is no <u>deductible</u> for covered insulins or for covered <u>prescription drugs</u> designated as preventive, Value Tier, or Tier 1 on the UMP Preferred Drug List. You must pay all of the costs for Tier 2 drugs –up to the specific prescription drug <u>deductible</u> amount before this <u>plan</u> begins to pay for Tier 2 drugs.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	Medical: \$2,000/per member, \$4,000/family Prescription drugs: \$2,000/per member, \$4,000/family	The medical <u>out-of-pocket limit</u> is the most you pay during a calendar year for covered medical services before the <u>plan</u> pays 100 percent of the <u>allowed amount</u> for <u>preferred providers</u> . The <u>prescription drug out-of-pocket limit</u> is the most you pay during a calendar year for covered <u>prescription drugs</u> and products before the plan pays 100 percent of the <u>allowed amount</u> . If you have other family members in this <u>plan</u> , they have to meettheir own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the out-of-pocket limit?	Medical: Premiums, balance billing charges, prescription drug costs, member coinsurance paid to out-of-network providers and non-network pharmacies, amounts paid	Even though you pay these expenses, they don't count toward the out-of-pocket limit.

Important Questions	Answers	Why This Matters:
	for services this plan doesn't cover, amounts paid by the plan, amounts paid for services over a benefit limit, and amounts that are more than the maximum dollar amount paid by the plan. Prescription drugs: Costs for medical services and drugs covered under the medical benefit, prescription drugs and products not covered by the plan, amounts paid by the plan, and amounts exceeding the allowed amount for prescription drugs paid to nonnetwork pharmacies.	
Will you pay less if you use a <u>network provider</u> ?	Yes. Visit the UMP website at ump.regence.com/sebb or call 1-800-628-3481 (TRS: 711) for a list of network providers (preferred providers). For a list of network pharmacies, visit the Prescription drugs webpage at ump.regence.com/sebb/benefits/prescriptions or call 1-888-361-1611 (TRS: 711).	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> or pharmacy in the <u>plan's network</u> . You will pay the most if you use an <u>out-of-network provider</u> or out-of-network pharmacy, and you might receive a bill from a <u>provider</u> or pharmacy for the difference between the <u>provider's</u> or pharmacy's charge and what your <u>plan</u> pays (<u>balance billing</u>). Be aware your <u>network provider</u> (<u>preferred provider</u>) might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	UMP does not require a referral from your primary care provider to see a specialist.



All **copayment** and **coinsurance** costs shown in this chart are after your **deductible** has been met, if a **deductible** applies.

^{*} For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>hca.wa.gov/ump-sebb-coc</u>.

		What You Will Pay		Limitations, Exceptions, & Other	
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Important Information	
	Primary care visit to treat an injury or illness	15% <u>coinsurance</u>	40% coinsurance	Not applicable	
	Specialist visit	15% <u>coinsurance</u>	40% coinsurance	Not applicable	
If you visit a health care provider's office or clinic	Preventive care/screening/ immunization	\$0	40% <u>coinsurance</u>	You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. See a list of covered preventive services at https://www.healthcare.gov/coverage/preventive-care-benefits/ .	
	<u>Diagnostic test</u> (x-ray, blood work)	15% coinsurance	40% coinsurance	Not applicable	
If you have a test	Imaging (CT/PET scans, MRIs)	15% coinsurance	40% coinsurance	Certain tests aren't covered and other tests require <u>preauthorization</u> . Please refer to your <u>plan</u> document.	
If you need drugs to treat your illness or condition More information about	Value Tier (High value prescription drugs for chronic condition) Tier 1 drugs (Low cost generic prescription drugs)	5% <u>coinsurance</u> or \$10, whichever is less 10% <u>coinsurance</u> or \$25, whichever is less	5% coinsurance 10% coinsurance	Not subject to prescription drug deductible. Cost based on a 30-day supply. You can receive up to a 90-day supply for some prescriptions. Cost share depends on whether you get up to 30 days, 60 days, or 90 days at a time. Tier 1 does not include high-cost generic drugs. Preauthorization may be required. Postal Prescription Services (PPS) is the plan's only network mail-order pharmacy.	
prescription drug coverage is available at ump.regence.com/sebb/b enefits/prescriptions	Tier 2 drugs (Preferred brand drugs and high cost generic drugs)	Tier 2: 0-30 day supply: 30% coinsurance or \$75, whichever is less	Tier 2: 30% coinsurance	Subject to prescription drug deductible except_covered insulins. Cost based on a 30-day supply. You can receive up to a 90-day supply for some prescriptions. Cost share depends on whether you get up to 30 days, 60 days, or 90 days at a time. Tier 2 includes some high-cost generic drugs. Preauthorization may be required. Note: Postal Prescription Services (PPS) is the plan's only network mail-order pharmacy.	

^{*} For more information about limitations and exceptions, see the $\underline{\text{plan}}$ or policy document at $\underline{\text{hca.wa.gov/ump-sebb-coc}}$.

		What You Will Pay		Limitations, Exceptions, & Other
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Important Information
	Specialty drugs	Value Tier: 0-30 day supply: 5% coinsurance or \$10, whichever is less Tier 1: 0-30 day supply: 10% coinsurance or \$25 whichever is less	Not covered	No prescription drug deductible for Value Tier and Tier 1. Prescription drug deductible applies to Tier 2. Costs based on a 0-30-day supply. Covers up to a 30-day supply for most specialty prescription drugs. Preauthorization may be required. Most prescriptions must be filled from the specialty pharmacy Ardon Health, except
		Tier 2: 0-30 day supply: 30% coinsurance or \$75 whichever is less		when a drug can only be dispensed by a certain pharmacy.
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	15% coinsurance	40% coinsurance	Not applicable
surgery	Physician/surgeon fees	15% <u>coinsurance</u>	40% coinsurance	Preauthorization may be required.
	Emergency room care	\$75 <u>copayment</u> per visit; 15% <u>coinsurance</u>	\$75 <u>copayment</u> per visit; 15% <u>coinsurance</u>	Emergency room <u>copayment</u> is waived if admitted directly to a hospital or facility as inpatient from the emergency room (but you will pay an inpatient <u>copayment</u>).
If you need immediate medical attention	Emergency medical transportation	20% coinsurance	20% coinsurance	Coverage is not provided for air or water ambulance if ground ambulance would serve the same purpose. Ambulance services for personal or convenience purposes are not covered.
	<u>Urgent care</u>	15% <u>coinsurance</u>	40% coinsurance	Not applicable
If you have a hospital stay	Facility fee (e.g., hospital room)	\$200 copayment per day up to \$600 per member per calendar year	40% coinsurance	Provider must notify plan on admission.
	Physician/surgeon fees	15% coinsurance	40% coinsurance	Preauthorization may be required.
If you need mental health, behavioral	Outpatient services	15% coinsurance	40% coinsurance	Preauthorization may be required. No coverage for marriage or family counseling.
health, or substance abuse services	Inpatient services	\$200 <u>copayment</u> per day up to \$600 per	40% coinsurance	<u>Preauthorization</u> required for inpatient admissions. <u>Provider</u> must notify the <u>plan</u> for

^{*} For more information about limitations and exceptions, see the $\underline{\text{plan}}$ or policy document at $\underline{\text{hca.wa.gov/ump-sebb-coc}}$.

		What You Will Pay		Limitations Exceptions & Other	
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
		member per calendar year Professional Services: 0% coinsurance		detoxification, intensive outpatient program, and partial <u>hospitalization</u> .	
	Office visits	15% <u>coinsurance</u>	40% coinsurance	Ultrasounds during pregnancy are limited to one in week 13 or earlier and one during weeks 16-22 (additional may be covered when medically necessary).	
If you are pregnant	Childbirth/delivery professional services	15% coinsurance	40% coinsurance	Elective deliveries before 39 weeks gestation covered only if medically necessary.	
	Childbirth/delivery facility services	\$200 <u>copayment</u> per day up to \$600 per member per calendar year	40% coinsurance	Elective deliveries before 39 weeks gestation covered only if medically necessary.	
	Home health care	15% coinsurance	40% coinsurance	Custodial care, maintenance care, and private duty or continuous care in the member's home are not covered.	
If you need help recovering or have	Rehabilitation services	Inpatient: \$200 <u>copayment</u> per day up to \$600 per member per calendar year Professional services: 15% <u>coinsurance</u>	40% coinsurance	Coverage is limited to 60 inpatient days per calendar year for all therapies combined and 60 outpatient visits per calendar year for all therapies combined. Inpatient admissions for rehabilitation services must be preauthorized.	
other special health needs	Habilitation services	Inpatient: \$200 <u>copayment</u> per day up to \$600 per member per calendar year Professional services: 15% <u>coinsurance</u>	40% coinsurance	Coverage includes neurodevelopmental therapy. Coverage is limited to 60 inpatient days per calendar year for all therapies combined and 60 outpatient visits per calendar year for all therapies combined. Preauthorization is required.	
	Skilled nursing care	Inpatient: \$200 <u>copayment</u> per day up to \$600 per member	40% coinsurance	Coverage is limited to 150 days per calendar year. Services must be preauthorized.	

^{*} For more information about limitations and exceptions, see the $\underline{\text{plan}}$ or policy document at $\underline{\text{hca.wa.gov/ump-sebb-coc}}$.

		What Yo	ou Will Pay	Limitations Eventions 9 Other
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
		per calendar year Professional services: 15% coinsurance		
	Durable medical equipment	15% <u>coinsurance</u>	40% coinsurance	Foot orthotics are covered only for prevention of diabetic complications. Replacement of lost, stolen, or damaged durable medical equipment is not covered.
	Hospice services	\$0 after <u>deductible</u> is met	40% coinsurance	Hospice coverage is limited to 6 months. Coverage for respite care is limited to 14 visits per the patient's lifetime.
If your child needs dental or eye care	Children's medical eye exam	\$0	40% coinsurance	Eye exams for medical conditions are subject to deductible and coinsurance.
	Children's dental check-up	Not covered	Not covered	Not applicable

Excluded Services & Other Covered Services:

Services Your Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)

- Computed Tomographic Colonography for routine colorectal cancer <u>screening</u>
- Coronary or cardiac artery calcium scoring
- Cosmetic services or supplies
- Custodial care
- Dental care (Adult)
- Immunizations for travel or employment

- Infertility or fertility testing or treatment after initial diagnosis
- Long-term care
- Maintenance care
- Marriage or family counseling
- Massage therapy services when the massage therapist is not a preferred provider
- Medical foods or food supplements
- Medications for sexual dysfunction

- MRI, upright
- Private-duty nursing or continuous care in the member's home
- Replacement of lost, stolen, or damaged <u>durable medical equipment</u>
- Routine eye care (Adult)
- Vitamins
- Weight loss programs and drugs

^{*} For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>hca.wa.gov/ump-sebb-coc</u>.

Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your plan document.)

- Acupuncture
- Bariatric surgery
- Chiropractic care

- Hearing aids
- Non-emergency care when traveling outside the U.S.

Routine foot care

Your Rights to Continue Coverage: There is an agency that can help if you want to continue your coverage after it ends. The contact information for that agency is: the U.S. Department of Health and Human Services, Center for Consumer Information and Insurance Oversight at 1 (877) 267-2323 ext. 61565 or cciio.cms.gov or your state insurance department. You may also contact the <u>plan</u> at 1-800-628-3481 (TRS: 711). Other coverage options may be available to you too, including buying individual insurance coverage through the <u>Health Insurance Marketplace</u>. For more information about the <u>Marketplace</u>, visit <u>HealthCare.gov</u> or call 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your plan for a denial of a claim. This complaint is called a grievance or appeal. For more information about your rights, look at the explanation of benefits you receive for that medical claim. Your plan document also provides complete information to submit a claim, appeal, or a grievance for any reason to your plan. For more information about your rights, this notice, or assistance, contact: UMP Customer Service at 1-800-628-3481 (medical benefits) (TRS: 711); Washington State Rx Services at 1-888-361-1611 (prescription benefits) (TRS: 711). The Consumer Protection Division of the Office of the Insurance Commissioner (OIC) is currently designated by the U.S. Department of Health and Human Services as the official ombudsman in the State of Washington for consumers who have questions or complaints about health care appeals. Consumers may contact the OIC Consumer Hotline number at 1-800-562-6900.

Does this plan provide Minimum Essential Coverage? Yes.

Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

Does this plan meet the Minimum Value Standards? Yes.

If your plan doesn't meet the Minimum Value Standards, you may be eligible for a premium tax credit to help you pay for a plan through the Marketplace.

Language Access Services:

[Spanish (Español): Para obtener asistencia en Español, llame al 1-800-628-3481 (TRS: 711).]

[Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-628-3481 (TRS: 711).]

[Chinese (中文): 如果需要中文的帮助,请拨打这个号码1-800-628-3481 (TRS: 711).]

[Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-800-628-3481 (TRS: 711).]

To see examples of how this <u>plan</u> might cover costs for a sample medical situation, see the next section.

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^{*} For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>hca.wa.gov/ump-sebb-coc</u>.

About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. Please note these coverage examples are based on self-only coverage.

Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

■ The <u>plan's</u> overall <u>deductible</u>	\$250
■ Specialist coinsurance	15%
■ Hospital (facility) copayment	\$200
■ Other <u>coinsurance</u>	15%

This EXAMPLE event includes services like:

Specialist office visits (prenatal care)
Childbirth/Delivery Professional Services
Childbirth/Delivery Facility Services
Diagnostic tests (ultrasounds and blood work)
Specialist visit (anesthesia)

Total Example Cost	\$12,840	
In this example, Peg would pay:		
Cost Sharing		
<u>Deductibles</u>	\$250	
<u>Copayments</u>	\$200	
Coinsurance	\$1,550	
What isn't covered		
Limits or exclusions	\$60	
The total Peg would pay is	\$2,060	

Managing Joe's Type 2 Diabetes

(a year of routine in-network care of a well-controlled condition)

■ The <u>plan's</u> overall <u>deductible</u>	\$250
■ Specialist coinsurance	15%
■ Hospital (facility) copayment	\$0
■ Other <u>coinsurance</u>	15%

This EXAMPLE event includes services like:

<u>Primary care physician</u> office visits (including disease education)

Diagnostic tests (blood work)

Prescription drugs

Total Example Cost

<u>Durable medical equipment</u> (insulin pumps and insulin pump supplies)

Total Example Cost	<i>\$1</i> ,460	
In this example, Joe would pay:		
Cost Sharing		
<u>Deductibles</u>	\$250	
Copayments	\$0	
Coinsurance	\$1,707	
What isn't covered		
Limits or exclusions	\$255	
The total Joe would pay is	\$2,212	

Mia's Simple Fracture

(in-network emergency room visit and follow up care)

■ The <u>plan's</u> overall <u>deductible</u>	\$250
■ Specialist coinsurance	15%
■ Hospital (facility) copayment	\$75
■ Other <u>coinsurance</u>	15%

This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

¢7 460

<u>Durable medical equipment</u> (crutches)

Rehabilitation services (physical therapy)

Total Example Cost	\$2,010
In this example, Mia would pay:	
Cost Sharing	
<u>Deductibles</u>	\$250
Copayments	\$75
Coinsurance	\$257
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$582